



Gardening

Beneficial for all Soldiers. Gardening is something many Soldiers have experience with. Recent research has demonstrated positive outcomes with the exposure to gardens in healthcare environments. Healing, medication, contemplation and restorative gardens all can be beneficial. The process of planting, caring and harvesting can be rewarding to Soldiers and their Family. Additionally it can provide skills for sustainment upon transition. Whether a flower, rock or vegetable garden, all Soldiers can benefit.

Event resourced-

Your SFAC, MWR, or USO may be sources to assist with setting up a garden area. Your Adaptive Reconditioning Team will assist in coordination.

An experienced landscape or gardening instructor is recommended for the initial set up, Adaptive Reconditioning Team, NCO

Equipment needed- Depending upon the type of garden, basic garden tools such as shovels, hoes, wheelbarrow, watering devices, wood, landscaping material, plants/vegetables seeds or starters.

Soldier brings- gloves, sunscreen, water

Environmental Factors- severe heat, rain, wind

Organize this event at-

On-post: anywhere on Post allowed; initial seeding/potting could take place indoors

Off-post: local gardening clubs

*Costs may be associated

ABSOLUTE contraindications- recent Surgeries with open wounds.

Modifications- raised garden beds, extended garden tools, variety of stools. Depending upon the nature of the garden the Soldiers could be doing anything from starting to maintaining. Your AR Team will assist with modifications for the Soldiers

Associated RISKS- falls, ensure people with balance issues are seated or supported; Sunburn – wear sunscreen or provide shaded areas; Overuse – monitor the length of time Soldiers are participating

Domains addressed- physical, emotional, spiritual, family, social, career